



Topic: Good to be me!

PSHE Cycle A
Spring 2 Y5/6



Vocabulary- Revisited

mental health	Mental health is about how we think, feel and act. Just like physical health, we all have it and we need to take care of it.
situations	Set of circumstances in which one finds oneself
role	The position or purpose that someone has.
resolved	To solve or end a problem or difficulty.



Helpful hints

Taking a walk, talking to someone or finding an activity you like to do all helps to have good mental health.

New Knowledge

There is a normal range of emotions (happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.

It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.

The role of the NSPCC is to help children keep safe.

Every child has the right to be safe and stay safe by speaking out and talking to a safe adult helps to keep children safe.

Staying safe is following the 'Clever never goes' message. There are specific situations that are unsafe and responding by saying no is the right thing to do.



Prior Learning

In Early Years, pupils learned:

Trying new things and not giving up feels good.

In Year 1 and 2 pupils learned:

Feelings need to be recognised so we can deal with them in a positive way.

We learn from experiences and understand that being good at something means we work at it and like it.

In Year 3 and 4 pupils learned:

Many things make us feel positive, including identifying positive things about ourselves and our achievements, learning from mistakes, making amends and setting personal goals.